

NORTHAMPTON Mercury & Citizen



Thursday, June 11, 2009

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NORTHAMPTON Mercury & Citizen



Thursday, June 11, 2009

FREE EVERY WEEK

The past week in headlines

At-a-glance news from the Chronicle & Echo ...

Jobs face axe at F1 engine firm

Fri, June 5 – 10 per cent of staff at Mercedes-Benz High Performance Engines in Brixworth could be axed



Concern for Plucky ducky

Tues, June 9 – Council staff became concerned when only one duckling out of a family of 13 survived on their office pond



Useful start to glass scheme



■ Councillor Trini Crake with some of the glass collected in week one

A MOUNTAIN of glass, which weighed the equivalent of one million bottles, was collected from homes across Northampton in the first week of glass recycling collections.

The scheme started last week and 270 tonnes were collected from the doorsteps of homes in the borough.

There are 65,000 households in Northampton eligible for glass collection and a borough council spokesman said the amount picked up last week equated to about one million bottles.

He said: "We are pleased with the amount of glass collected in its first week and would like to thank the residents of Northampton for supporting and understanding the introduction of this service."

The £250,000 scheme will provide the council with recycling revenue of about £58,000 this year, followed by £163,000 in subsequent years.

Burglar defied by pensioner

■ The burglary took place at a home in Trussell Road, Bellinge



A PENSIONER who fought off a burglar at her home has said the intruder was lucky she did not "give him what for"

The 80-year-old was knocked to the ground and kicked by the burglar, but still clung to her handbag, stopping the man from running off with cash and credit cards.

Despite being about 60 years older than her assailant and having had a hip replacement, the woman, who asked to remain anonymous, said: "He was lucky to get away, because if I had been up on my feet I'd have given him what for."

"I had been out in the garden and when I came back in he was in the hall. He pushed me right over on to the floor."

"I wasn't about to let him walk out with my handbag, so I grabbed hold of the straps while I was lying down and just prayed for them not to break, and he kicked me."

As soon as the man started kicking the pensioner, her terrier dog went to her aid and bit the burglar's legs.

The man finally gave up trying to wrestle for the handbag and

left the house. After he left, the victim realised he had already been through her wardrobe and stolen some jewellery.

The break-in, which took place in Trussell Road, Bellinge, Northampton, on Sunday, is being investigated by police.

A spokesman for the county force said: "Between 9.45pm and 10.25pm, the 80-year-old victim went into her back garden. On returning, she went into her lounge and sat watching television when she thought she heard a knock at the front door."

"She went to the front door and called out, but got no reply. About 10 minutes later, her dog began barking and she went to investigate and was confronted by a man standing in her hallway."

"As he was leaving the property, the victim grabbed hold of the bag and refused to let go, despite the offender further assaulting her. The man fled the scene without the bag."

"Three gold chains were stolen from the property and, although shaken, the victim was not injured in the incident."

The burglar was white, in his late teens or early 20s and stocky.

He was wearing a navy jacket and navy trousers.

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The Week in Photographs

RESTAURANT owner Yasmina Siadatan won a job with Sir Alan Sugar in the final of TV's *The Apprentice*. The 27-year-old Londoner was hired by Sir Alan on what she described as the businessman's "gut instinct", despite rival Kate Walsh being in a good position to win. Ms Siadatan said her achievements, combined with her mistakes, during the series may have given her the edge.



A NEW crown coin has been produced by the Royal Mint to commemorate the 500th anniversary of Henry VIII's accession to the throne. It is shown here in front of the portrait of Henry VIII in the Great Hall of St Bartholomew's Hospital in Smithfield, London.

MORE than £500 worth of food and drink was given out to customers at a shop in Northampton to celebrate National Cuppa Day. Navin Gathani, owner of Hill Shop, in Hunsbury Hill, handed out free soft drinks, tea, coffee, cakes and biscuits to local residents, including school children on Wednesday. The food and drink give away was supported by Northampton cash and carry company, Best Way.



**Local, national and international news
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PM under fire from Keeble

NORTHAMPTON North MP Sally Keeble revealed this week why she no longer backed Gordon Brown as Prime Minister.

The Labour MP said the under-fire leader did not have the vision to take the party forward and had lost the ability to unite his government.

Mrs Keeble said she firmly believed that the Labour Party was still the best one to meet the needs of the people of Northampton but not with Mr Brown at the helm.

"When the next General Election comes, people have to have the choice of a credible leader. I don't think it is credible for the people to ask for four more years of Gordon," she said.

Mrs Keeble's letter to her constituents is as follows:

"Gordon Brown was the obvious successor to Tony Blair. Both were architects of New Labour. Gordon's command of the economy underpinned the achievements of the Blair governments and rightly won him international stature and acclaim. He will always deserve our respect for that.

The transition from Chancellor to Prime Minister was not an easy one, and when Gordon said in the autumn of 2007 he wanted more time to put forward his vision, that seemed fair. However, 18 months on it is painfully clear that time has really run out.

Firstly, the vision has not materialised. The economy is the most important factor, and he was the right man to deal with the crisis. But people look to their Prime Minister for more than that. People in Northampton work hard, pay their way and look after their families. They look to Government for high-quality public services and a sense of purpose and direction for the country. The Prime minister is the person who has to articulate that, and sadly, it hasn't happened. Not that there is an alternative offer from the other main parties. David Cameron's vision would very quickly become a nightmare, while Nick Clegg's is multi-focal.

Secondly, recent events have shown



■ Sally Keeble says Gordon Brown has run out time to deliver his vision as Prime Minister and he has lost the ability to unite the party

that Gordon Brown has not been able to manage relations within his Government. Admittedly, some ministerial behaviour has been appalling. Whatever the disagreements, resigning just before council elections can only be topped by talk of window-dressing. However, the person at the top has to forge a group of strong politicians into a united, coherent team to provide stable government. And that has, painfully, not happened either.

In my first political job, I was a press officer at Labour HQ during the 1983 General Election campaign. It was a searing experience. The public did not see Michael Foot as a credible Prime Minister. The electorate had its say – Northampton roundly rejected us then – and it was another 14 years before we recovered. Meanwhile the public paid a massive price in jobs lost, communities laid waste, lives ruined. I'm not prepared to let that happen again.

The reason for writing this letter is that the UK is a parliamentary democracy and Labour is a democratic socialist party, not a Trotskyite cell. Government depends on retaining the confidence of MPs, so the debate taking place among

Labour MPs is vitally important. It has profound implications for the day-to-day lives of my constituents, jobs, homes, schools, hospitals, all the things that touch us most. So the debate has to be public. It can't be some private Westminster Palace coup – in the Pugin Room with an ice-pick.

By the next General Election the Labour Party needs to put forward a coherent vision with a credible team. We need to say what kind of country we want Britain to be: whether we're going to encourage innovation and enterprise, or cap it with tax increases, invest in public services or cut them to close the fiscal gap, how we're going to give people a say in our country's progress and realise the aspirations my constituents and I share.

There has to be consistency and credibility, not just a statement of values, but an explanation of how they will be put into practice. To achieve that we need a leader who can articulate that vision and let our country and the party move on. I want my constituents to have the best that Labour has to offer. The challenge to the cabinet is how that will be achieved."



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People traffick brothers are jailed

THREE pizza restaurants in Northampton were raided when police smashed an international people-trafficking operation.

Surveillance by the Serious Organised Crime Agency (Soca) recorded Abdul Sakhizada, who lived above a pizza shop in Wellingborough Road, Northampton, bragging that in two months he had moved 1,800 illegal immigrants into the UK.

Abdul Sakhizada, 33, who boasted he was Europe's biggest people trafficker, was jailed for nine years after he admitted conspiracy to contravene the Immigration Act.

His brother Ahmed Shah Sakhizada, 24, was sentenced to seven years after he was also found guilty at Kingston Crown Court.

Their gang was known to be responsible for the illegal immigration of at least 230 young men into Europe, mainly from Pakistan and Afghanistan, although the

number was likely to be higher.

They hid behind a web of 15 pizza shops across the country, including in Northampton, Kent, Berkshire and Essex, where the immigrants were set to work to pay off their £10,000 "debt".

In January 2008, immigration officers and Northamptonshire Police raided Pizza Inn and Pizza Go outlets in Wellingborough Road and Planet Pizza in Kettering Road, Northampton.

Trevor Pearce, Soca's director of enforcement, said the Northampton-based people-smuggling ring preyed on illegal immigrants.

He said: "People-smuggling is a serious crime which exploits vulnerable people for profit and causes harm to individuals, communities and the UK as a whole.

"This was a highly sophisticated and well organised criminal enterprise which was prepared to extort money from its victims and challenge the UK's immigration regime.

"The message is clear - the UK is not a soft touch for people-smugglers.

"Soca's global connections mean we will find you and we will stop you."

UK Border Agency regional director Tony Smith added: "We are determined to tackle those who commit organised immigration crime and bring the perpetrators to justice.

"This was a major international conspiracy to facilitate the entry of illegal immigrants into the UK. Those behind it showed total disregard for the law, and their motives



■ Abdul Hameed Sakhizada was jailed for nine years after admitting conspiracy to contravene the Immigration Act

were purely financial.

"We will continue to work with Soca, the police and other enforcement partners to stamp out any abuses of the system."

Janet Boston, reviewing lawyer for the Crown Prosecution Service Organised Crime Division, said the men all had various positions in the "business", from main organisers to money collectors, book keepers, providers of false documents and transferring money overseas.

They now face having their proceeds confiscated as the CPS will make applications under the Proceeds of Crime Act for any money made by the criminal enterprise.

She added: "This was a profitable, sophisticated operation which was run in a highly organised, businesslike manner by men who took advantage of those who willingly left their homeland and families to seek a better life. These illegal immigrants were in debt to those who helped them gain entry to the UK and were put to work in fast food outlets."

● **Cricket**
● **Saints**
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● **Daily TV**
● **Puzzles**
● **What's On listings**
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Chronicle & Echo

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■ Ahmed Shah Sakhizada was jailed for seven years

Hidden riches see light

NORTHAMPTONSHIRE'S forgotten oil paintings are to be rediscovered when they are included in a public catalogue.

About 1,100 publicly-owned paintings hidden away in store rooms and corridors of buildings in 24 locations around the county will be meticulously photographed and compiled into a hard-back and online reference catalogue as part of a nationwide project by the Public Catalogue Foundation.

The project, which aims to archive every publicly-owned oil painting in the UK by the end of 2012, will see Northamptonshire's paintings feature alongside those from neighbouring Bedfordshire and Cam-

bridgeshire. Speaking at a fundraising night at Northampton Museum and Art Gallery, Lady Juliet Townsend, said: "There are 200,000 publicly-owned paintings in the UK in museums, country houses and hospitals but often they're not very accessible. About 80 per cent are not on view but are in storage or in areas the public can't access. Now these paintings will be available for anyone to see. They will be able to find the illustration in the book or on the website, find out where it is held and arrange a viewing.

"In Northamptonshire, we have all these hidden riches people don't even know about and it's important we document them."

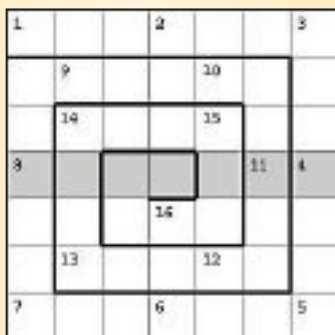


Puzzles

WORD Spiral

CLUES:

1. To woof 2. Male monarch
 3. Main point 4. Very small
 5. Egg part 6. Make wool-lens 7. Body powder 8. Set of actors 9. Written words
 10. Of Thailand 11. Little devils 12. Wound mark 13. Peruse writing 14. Twofold
 15. Breathing organ 16. Obtains
- KEYWORD CLUE:
A garment



TELEVISION Quiz

1. *The Take* begins on Sky1 on Wednesday. Tom Hardy stars as rising criminal Freddie Jackson. Which character is he playing in the upcoming adaptation of *Wuthering Heights*?
2. Reece Shearsmith and Steve Pemberton are the writers and stars of new BBC Two black comedy, *Psychoville*, which begins next Thursday. What's the name of the award-winning comedy troupe they are members of?
3. Rosie Webster (pictured) has an unexpected brush with money in *Coronation Street* on ITV1 from Monday. What's the name of the actress who plays her?
4. Nigel Harman joins the regular cast of *Hotel Babylon*, which returns for a new series on BBC One next Friday. How did his character Dennis Rickman leave *EastEnders* in 2006?
5. Cast your mind back... James Nesbitt stars as a soldier struggling to adjust to life after serving in Iraq in *Occupation*, which can be seen on BBC One on Tuesday. His breakthrough came in ITV's *Cold Feet*, but what was the name of his character?



WHAT year is this?

1. Prince Edward (right) left the Royal Marines
2. The Herald of Free Enterprise sank off Zeebrugge
3. Boris Yeltsin was sacked by Gorbachev
4. Michael Ryan killed 14 people while on the rampage in Hungerford



ANSWERS: TV QUIZ - 1. Heathcliff; 2. The League Of Gentlemen; 3. Helen Flanagan; 4. He was stabbed by one of Johnny Allen's henchmen; 5. Adam Williams
WHAT YEAR IS THIS? 1987
1. Bark 2. King 3. Gist 4. Tiny 5. Yolk 6. Knit 7. Tale 8. Cast 9. Text 10. Tail
11. Imps 12. Scar 13. Read 14. Dual 15. Lung 16. Gets. Key word solution: Catsuit

Charity walk is a family affair



■ A charity walk at Brixworth Country Park in aid of the Cystic Fibrosis charity 'Great Strides'

CE picture by SHARON LUCEY 090606SL3

A FAMILY from Northampton took Great Strides to help find a cure for a disease that affects their youngest member with a sponsored walk at Brixworth Country Park.

Great Strides is an initiative by the Cystic Fibrosis Trust that aims to raise funds to help people with the disease.

The Lomax family from Wootton have organised the Northampton event for the past three years because five-year-old Joseph was born with cystic fibrosis.

Mother Mandy said they want to raise cash because the charity had been so good in supporting them.

She said: "Joseph was diagnosed with cystic fibrosis at seven weeks old and

we have been in touch with the Cystic Fibrosis Trust right from the start.

"As a family, we want to do as much as we can to raise money for the Cystic Fibrosis Trust and awareness of the disease in the hope that a cure may be found in Joseph's lifetime," she added.

Cystic Fibrosis is caused by a defective gene that results in the internal organs, especially the lungs and digestive system, becoming clogged with thick sticky mucus resulting in chronic infections and inflammation in the lungs and difficulty absorbing food.

The Cystic Fibrosis Trust is the UK's only national charity dedicated to all aspects of cystic fibrosis. It funds

research to treat and cure the disease with events like Great Strides.

Mrs Lomax said: "We had lots of local people supporting us this year.

"It was a great day out for all the family and there was a bouncy castle, face painting, a barbecue, outdoor games and lots more going on."

A spokeswoman for the Cystic Fibrosis Trust, said "Our Great Strides campaign aims to raise vital funds for the 7,500 people in the UK with cystic fibrosis.

"Each and every step, no matter how small, brings us closer to finding a cure."

For more information on organising an event, visit www.greatstrides.org.uk or call 0845 859 1100.

A feast for foodies at annual show

THE finest food and drink Northamptonshire has to offer will be showcased at a food festival in the county this summer.

The 3rd annual Holdenby Food Show will be held at Holdenby House in August and will feature local and regional suppliers, as well as food demonstrations from acclaimed chefs. Among attractions will be Northamptonshire-based food and drink exhibitors, stalls selling food-related gifts, live music and children's entertainment.

The cook's courtyard will host demonstrations from chefs including Adam Gray, head chef at Gary Rhodes's Michelin-starred London restaurant Rhodes TwentyFour. Born in the county, Adam was trained at Northampton College.

He will be joined by Stephen Bulmer, owner and head chef of Brook Hall Cookery School in Winslow, near Buckingham, who has worked alongside Raymond Blanc.

The show takes place from August 30 to 31. Call Northampton 820011 or visit www.stonehouse-events.co.uk.

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Unlucky neighbour loses car in blaze



■ Abington resident Tom Rockingham praised firefighters after his car caught fire from a BMW parked beside it

RESIDENTS of a Northampton street were awoken by a fire which destroyed two parked cars.

People living in Lutterworth Road, Abington, were terrified as the fire, in a dark grey BMW, went on to destroy a neighbouring silver Ford KA.

Tom Rockingham, 22, who owns the Ford, said: "I saw a car on the left hand side of the road with its bonnet on fire. My car was parked immediately in front of it and that was on fire too."

"There was an explosion

of sorts which could have been a burst tyre or some fuel going up.

"The double glazing in one of the houses opposite cracked and the elderly woman who lived there told me later she was terrified and thought her house was on fire. But I have to say the fire brigade did a fantastic job and had it under control in a matter of seconds."

A spokesman for Northamptonshire Fire and Rescue service said the cause of the fire was unknown and was being investigated.

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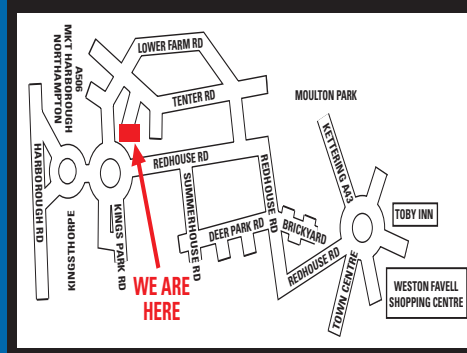
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Tory leader's pledge on tax

THE leader of Northamptonshire County Council's winning Conservative group Jim Harker has pledged it will continue with its low tax policy to help those on low incomes.

Councillor Harker's party returned to power at County Hall following Thursday's election and he is due to be sworn in next week as the council's leader for another four years as no-one from his party has challenged him.

Having begun to absorb his party's sizeable victory, which was revealed on Friday night, Councillor Harker said he had already started thinking ahead to how the county council will operate over the next few years.

He said: "We shall continue with our local tax policy, protecting people who are finding it hard to make ends meet at the moment and particularly those on low incomes and pensions.

"We shall continue to raise standards in education and engaging the outside world, such as the voluntary sector, to help us provide more interesting and worthwhile things for young people to do. We will also carry on with our

programme of making it easier for more elderly people to stay living in their own homes as long as they can."

The Conservatives took control of the council in 2005 following 12 years of Labour rule.

Four years ago they won 45 of the 73 seats up for grabs which was classed as a resounding victory for the party.

At the latest election the Conservatives strengthened their hold on the county even further and now have 56 seats.

The Liberal Democrats are now the second biggest party with nine councillors, Labour have been pushed into third with six and there are two independent councillors.

Councillor Harker said the party's victory had been bigger than he had expected and he was particularly pleased that a number of younger candidates had been elected.

He said: "I think the average age of members on the council has gone down significantly. I think it's about 15 years younger."

Among the controlling group's first priorities for its next term in office is the need to strengthen its partnership working with other organisations.

He said: "It is getting more and more important for everyone in the public sector to work together to make sure we get better value for money and better quality services.

"Nowhere will get the level of support we have had in the past so we will have to double our efforts to make sure Northamptonshire gets its fair share of what is available."

Councillor Harker said he was looking forward to a Conservative national government coming to power as soon as possible.

He said he hoped to be more successful in his appeals to a Conservative government to change the way governments fund councils, which he feels currently favours the cities to the detriment of shire counties like Northamptonshire.



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Dignity rules for centenarian Annie



■ Annie Cross celebrated her 100th birthday at Queen's Park Nursing Home
Picture by Carl Lilley

FUN-LOVING great grandmother Annie Cross has bucked the trend of a lifetime and quietly celebrated her 100th birthday with a party at a Northampton nursing home.

Mrs Cross, described by family as 'cantankerous' and having 'a liking for a good debate', has never been one to let age get the better of her, according to friends.

She passed her driving test aged 60 and was known to residents of St James by the sight of her little orange Mini driving round local roads.

Mrs Cross was still working in Abington Street Co-op in Northampton town centre in her 70s where she demonstrated knitting and sewing machines.

And on her last big birthday, aged 90, she spent part of it riding around on the back of a powerful motorbike driven by her granddaughter's husband.

But her 100th birthday was a more dignified occasion on which she received her local MP, Sally Keeble, as well as a card from the Queen at Queen's Park Parade Nursing Home in Harborough Road on Sunday.

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Warning over sky lanterns

SENIOR fire officers in Northamptonshire are gathering information from every UK fire service about a new type of floating lantern which has been causing potentially dangerous fires.

So-called sky lanterns are increasingly popular at outdoor parties, so much so that people frequently see them in the night sky and mistake them for alien spacecraft.

But Northamptonshire Fire and Rescue Service said they are now concerned dangerous versions of the lanterns are being made which can suddenly drop out of the sky and cause major fires.

It follows a *Chronicle & Echo* story which told how an apparently homemade lantern made from tissue paper and paraffin wax dropped onto a car owned by John White of Duston, setting it alight.

The fire service believe a similar



■ John White, of Eaton Road, Duston, with his damaged car

device also set someone's washing on fire after it fell out of the sky over a back garden in Northampton.

Fire officer Mick Rodden, of the county's arson task force, said: "We are now going to get in touch with all fire services across the country and try to collate all the data we can on these."

"It looks like these lanterns are becoming quite popular now which

we have to do something about."

Mr White said one of the lanterns dropped onto his car last Wednesday and only a quick-thinking neighbour, who managed to quickly put out the flames, saved the car from catching fire.

A type of sky lantern was launched by Japan across the Pacific Ocean during World War Two as a somewhat hopeful method of trying to kill North America civilians by causing random fires.

Both Mr White and the fire service are concerned that similar consequences could result if one lands on a thatched roof or a dry cornfield, for example.

Northamptonshire County Council Trading Standards also added their voice to the worries yesterday. A spokeswoman said: "I would have major concerns around safety regulations in terms of where these could land."

Trading Standards said they were also urgently seeking more information on the new lanterns.

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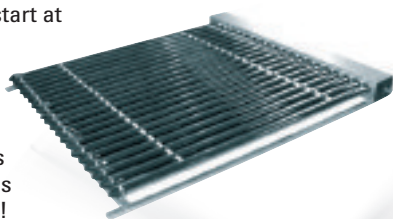
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A PRICELESS one-off Aston Martin will join other classic cars at the Silverstone race circuit next month.

Project 212, the first of Aston Martin's GT prototypes, has been entered in the pre-'63 GT race at the Silverstone Classic 2009, held from July 24-26.

Aston Martin built Project 212 in the utmost secrecy and haste at its Middlesex-based racing department in 1962.

The car was built in response to its French dealers' concerns about a drop in sales and suggestion that a suitable car should be built to race at Le Mans to boost Aston's image.

Based on a modified DB4 GT platform and powered by a four-litre version of the original 3.7 engine, it was driven by Graham Hill and Richie Ginther, making the fastest opening lap before

succumbing to engine problems.

Aerodynamic issues highlighted at Le Mans were dealt with on the car's return to the UK and, with a temporary rear spoiler fitted, lift was dramatically reduced and top speed increased to 187mph.

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St John vehicles blessed

TWO state-of-the-art St John Ambulances are ready to help serve patients in Northamptonshire after being officially blessed at a religious ceremony.

The £56,000 Crusader 900s, which will support NHS paramedics on the front line of care in dealing with everything from broken limbs to cardiac arrests, were funded by events and public donations to the Kingsthorpe and Irthlingborough divisions.

The vehicles have now been dedicated by the St John Ambulance chaplain, the Rev Tony Reader-Moore, at a ceremony at its HQ in St James, Northampton.

Each vehicle is purpose built for St John on a Renault chassis and is equipped to NHS standards.

The two new additions will replace older ambulances in

the 14-vehicle fleet which will either be given to other divisions or used in needy African villages.

They new ones will be used regularly by volunteers in the county at venues including Franklin's Gardens, Sixfields, Rockingham Road and Silverstone racetrack.

Although they have been in service since February, they were formally 'dedicated' with a blessing on Sunday involving senior St John Ambulance officers.

Alan Boaden, Northamptonshire Commissioner, said: "The history of this type of ceremony comes from the Crusades where soldiers and equipment used to get blessed before they went into battle. This was our version of that."

St John Ambulance volunteers spend thousands of hours each year ensuring public events are safe.



■ Graham Hill, the Rev Tony Reader-Moore, Martin Phillips, Alan Boaden with the two new ambulances
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Freetime

MUSIC, laughter and children's entertainment will come to Royal & Derngate in Northampton next week.

On Tuesday, 10CC, one of the most successful groups of the 1970s, celebrate the release of their new album, *The Greatest Hits and More*. The show starts at 7.30pm and tickets are £22.

Then on Wednesday commentator Henry 'Blowers' Blofeld will be talking pigeons, double-decker buses, tea ladies and cakes as well as cricket, as part

of ongoing celebrations to mark his 70th year. Tickets to his *Laughs and Loves* show are £17 and it begins at 7.30pm.

Meanwhile, Thursday marks the 50th anniversary of Motown, when *How Sweet It Is* brings the genre's greatest hits to the stage. Motown favourites will be performed including UK hits of the Four Tops and The Temptations. The dancing and singing will be backed by The Peter Brent Orchestra, an eight-piece band including a

four-piece horn section.

The show starts at 8pm and tickets are £17.50 and £19.50.

Then on Saturday and Sunday, June 13 and 14, for the first time ever, *Milkshake!* television show is hitting the road with a colourful live concert. Shows are at 10.30am and 1.30pm on Saturday, and 11am and 2.30pm on Sunday. Tickets cost £13.50 for children and £15.50 for adults.

To book, call 01604 624811 or visit www.royalandderngate.co.uk.



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Thursday, June 11, 2009



FAR COTTON (ABBEEY ROAD)

(Above right) Part of a new development comprising of one-bedroom two-storey spacious flat with new kitchen and bathroom. Large study/storage area and a good sized double bedroom, Juliet balcony to lounge. Neutral decor. Viewing is highly recommended. Special offers are available low deposit and 50 per cent off the first month's rent. Available from June £495

ABINGTON (ALLEN ROAD)

(Above left) Three-bedroom terraced house in the popular location of Abington, comprising of lounge/ diner, kitchen with appliances, cellar, two double bedrooms, one single bedroom, gas central heating, small enclosed garden. Available from June £650

KINGSTHORPE VILLAGE (MANOR ROAD)

(Right) Three-bedroom terraced house with modern cosy feel. Property comprises of lounge, dining room, cellar, kitchen, bathroom with shower, three good-sized double bedrooms, gas central heating, enclosed rear garden, viewing is a must in this popular location. Available from June £650



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- Outside there is car parking for two vehicles

**HARLESTONE ROAD** £825 pcm

- Unfurnished large four bedroom Victorian terraced house
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**BILLING LANE** £795 pcm

- Unfurnished four bedroom detached family home
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**TOWN CENTRE** £725 pcm

- Furnished five bedroom end of terrace
- Ideal for sharers or a large family
- Enclosed rear garden

**KINGSTHORPE** £695 pcm

- Unfurnished three bedroom detached house
- Sitting/dining room, fitted kitchen, bathroom
- Outside there are gardens and a garage

**THE MOUNTS** £675 pcm

- Unfurnished three bedroom Victorian terraced house
- Lounge/diner, kitchen/breakfast room, bathroom
- Attractive decked and enclosed rear garden

**EAST HUNSBURY** £625 pcm

- Unfurnished three bedroom semi detached house
- Lounge, kitchen/diner, cloakroom, three bedrooms
- Outside there is an enclosed garden to the rear

**MOULTON** £625 pcm

- Unfurnished two bedroom house
- Lounge/diner, kitchen, two double bedrooms and a bathroom
- Outside there is reserved parking and gardens

**KINGSLEY** £595 pcm

- Unfurnished three bedroom terraced house
- Lounge, kitchen/diner and a bathroom
- Outside there are gardens to the front and rear

**THE MOUNTS** £595 pcm

- Part-furnished three/four bedroom Victorian terraced house
- Sitting room, kitchen, bathroom and separate shower room
- Enclosed garden to the rear

**SOUTHBRIDGE** £595 pcm

- Unfurnished three bedroom terrace house
- Hall, lounge, kitchen/diner, cloakroom and bathroom
- Gardens and ample off road parking

**EAST HUNSBURY** £525 pcm

- Unfurnished two bedroom end of terrace house
- Lounge/diner, kitchen, two bedrooms and a bathroom
- Outside there is ample parking and a rear garden

**TOWN CENTRE** £515 pcm

- Unfurnished two bedroom second floor apartment
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**KINGSTHORPE HOLLOW** £495 pcm

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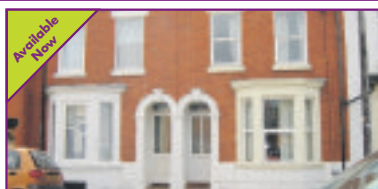


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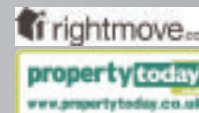




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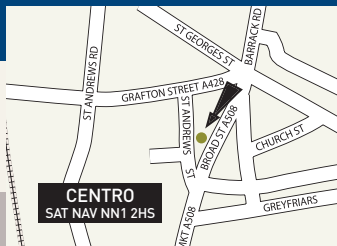
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Births  CHRISTY Mark and Vicky Christy nee Rooke are proud to announce the birth of their beautiful daughter Lily-Grace Louise on 26th May 2009 Thank you to everyone at Barratts Maternity hospital and the staff at the Anti Natal Clinic.	18th Birthday  Emily CHAPMAN Happy Birthday Emily. 18 Today! Lots of love Mum, Dad and Natalie XXX	21st Birthday  Tom DICICCO  Happy 21st Birthday. All the best. Love from Mum, Dad, Carly and Laura x x x x	 21st Birthday	Forthcoming Marriages BOWES/ HOWLETT Good luck Aunty Ali and Uncle Justin on your wedding day Saturday 13 June 09. Love from your bestest pageboy Richard, big Sister Amanda and Rob. Health and happiness to you both. xxx 	Ruby Wedding Sandra & Gerald PELL Congratulations on your Ruby Wedding Anniversary! Lots of love Nicola, Sally, Jamie, Grace, Liam and Megan x x x x x x x x 	In Memoriam FAULKNER — Pam. Died 9th June 2008. Mum, always in our thoughts. Love Anne, Janet, Mandy and families.  HENNESSY Teresa 8.6.2007. Softly the leaves of memories fall, Gently we gather and treasure them all. Unseen, Unheard, Mum, You are always near. So missed, So loved, So very dear. Tears in our eyes we can wipe away, But the ache in our hearts will always stay. God Bless You Mum. Loved and remembered everyday. Husband Michael, Denise, Pete, Geraldine, Paddy, Linda, Karl, Daniel, Sinead and Kieran. xx 	In Memoriam McCLURE Dorothy <i>Though absent you are always here Still loved, still missed, still very dear Just as you were, you will always be A loving thought in our memory</i>   <i>Goodnight, God bless Linda, Roy, Peter, Donna, Christopher, Tam and Great Grandchildren John, Lydia, Thomas, Aimee and William</i> xxx
MAXTED/ NICOLASI To Anthony & Francesca a Daughter Darcie Ava, Weighing 8lb 10oz. Born on the 31st of May at 1:19am Baby sister for Alessia. Congratulations and love from Mum & Dad, Mel, Ben, Ellison , Layla & Family 	 Emily CHAPMAN Congratulations Emily. Health and happiness always. Love you loads. Nana and Grandad. xx	 Gail & Neil HAYNES Congratulations on your 21st. Love Mum, Dad & Alison xxx	BOWES/ HOWLETT Alison and Justin have a fabulous wedding day Saturday 13 June 09. We are looking forward to the big day!! Lots of love forever Nana, Mazi and Robert xxx 	Diamond Wedding Happy Anniversary Russell & Barbara EDMONDS (Nee Barnes) June 6th 1949 at Harpole. Congratulations Mum and Dad on this your 60th Wedding Anniversary. Lots and lots of love from all the family. x x x Was living at Wootton, now at Skegness.	 HENNESSY Teresa Another year, another day too and we still feel the pain of losing you Precious memories of you we will always keep sometimes they make us happy, sometimes they make us weep We will never forget you, we had you for so long and that strong bond of love will never be gone If God granted wishes we'd ask for just one that we could have back our beautiful, special, wonderful Mum & Nan We miss you so much Mum All our love Julie, Brian, Craig & Aidan x x x x x Michael, Marie, James, Holly, Natasha & Lucy x x x x x x x	 OUR DEARLY DEPARTED O'BRIEN Lynda Left us one year ago to rest peacefully with her beloved Son, Phillip. Much loved, Never forgotten. God Bless you both. Kathy, Mike & Family PORCH — Bryan. Thinking of my Dad who had his last glass of milk on the 10th June 2000. Philip Mercury&Citizen To advertise 01604 515000	TATE Madge 10th June 1998. Everyday in some small way memories of you come our way, though absent you are always near, still missed, loved, always dear. All our love Hazel & Richard
 PARRY / TAPP Congratulations Rebecca and Brett on the birth of your beautiful baby boy Ashton Taylor Born June 2nd. Lots of love Mum, Dad, Katrina, Lauren and Eleanor. xxxx	 LAUREN SEELIG Still driving us round the bend! Happy 18th Birthday Love Dad,Mum, Carlene, Sarah, and Jack. XXXX	 Sophie MANNING  Congratulations on your 21st Birthday, with lots of love from Mum, Dad, Jodie & James xxx	 Kirsty & Kerry SLINN Congratulations Kirsty & Kerry on your 21st, Health & happiness always. Love you lots Nan & Pap xx	BOWES/ HOWLETT VALERIE AND RICHARD BOWES are delighted to announce the forthcoming wedding of their youngest Daughter ALISON ELIZABETH TO JUSTIN HOWLETT Son of Bridget and Tony at Whittlebury Hall on Saturday 13 June 09 at 3.30pm We wish you both health and happiness for the future, enjoy your fabulous day. Love always Mum and Dad xxx 	In Memoriam  BENDING Errol 6th June 2003 Sadly missed and remembered with love You will remain in our hearts forever Wife June, Son Rick Grandchildren and Great Grandchildren x x x	PEARCE Ryan Daniel David 7th June <i>There's a place in our hearts, Where the light does not shine, And while our memories are bright, It's still dark all the time.</i> <i>Ryan, Forever in our thoughts and hearts We miss you and we love you</i> <i>Mum, Dad and all your family</i> <i>'Love You Always.' x</i> 	
Brett and Becky PARRY/TAPP Congratulations on the arrival of Ashton Taylor First Grandchild for Kathryn and Bob Parry x 	 Kyle SMITH Happy 18th Birthday. Lots of Love Nan, Pete, Mel, Lindsay & Tara x x x	Maria PANESE Happy 70th Birthday Special Import from Italy looking younger every day! Lots of love from all your family & friends x x x x x 	Ruby Wedding Happy Anniversary Carol and Phil MURBY 7th June 1969 at Christ Church, Northampton Mum and Dad, Congratulations on your 40th Wedding Anniversary With love from Hazel & Richard	DYE Alfred John Thomas Passed away June 7th 2007. Two years have passed since that sad day you closed your eyes and slipped away. Sleep tight Dad with Mum and Nan. Love from your broken hearted Daughter Jayne, Son-in-Law Trevor, Grand daughter Nicola x x x x	HOMER Betty Ruth June 10th 2008 A year today a heartbreak day The love we shared was taken away The memories are still here, and are very dear. Missing you each and every day. Forever loved. From Alec, Alison, Neil, Sara, Domino, Brogan and Morgan	 ROACHE Patrick <i>Thinking of you on this, your 26th birthday. A card I cannot send you Your hand I cannot touch Please God give all my love To the one I love so much Miss you more every day Patrick Your broken hearted Mam & Brother Gerard xxx R.I.P xxx</i>	

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Public Notices NORTHAMPTON LICENSING AUTHORITY LICENSING ACT 2003 PUBLIC NOTICE. David Maule is applying for the new grant of a premises licence for New Roadmender, 1 Ladys Lane, Northampton, NN1 3AH. If granted the application will allow the following licensable activities to take place: sale of alcohol on the premises, provision of regulated entertainment, provision of facilities for regulated entertainment, provision of late night refreshment. The intention is to make an application for the grant of a premises licence any person wishing to make representation in relation to this application may do so in writing to: Phil Bayliss, Licensing Officer, Northampton Borough Council, The Guildhall, St Giles Square, Northampton, NN1 1DE Tel: 01604 838545 Fax: 01604 838723 Email: licensing@northampton.gov.uk Representations may be made for 28 consecutive days from the date of this notice. The last date for representations being 24/06/2009. A copy of the application is kept by the licensing authority at the above address and can be viewed Monday to Thursday 9.00am - 5.00pm and 9.00am - 4.30pm on Fridays except bank holidays. It is an offence knowingly or recklessly to make a false statement in connection with an application the maximum fine for which a person is liable on summary conviction for making a false statement is a level 5 fine on the standard scale. THIS NOTICE BEING DATED 28/05/2009				Accounting & Financial Services M W ACCOUNTANCY Tax Returns, Limited Companies, Payroll & VAT. Call Matt on 01604 604860 matt@mwaccountancy.co.uk				Gardening & Landscaping GARDEN MAINTENANCE. General tidy, fencing, patios, block paving, tree & hedge work. Rubbish Disposal. K.F Peters 01604 582655		Gardening & Landscaping PJR GARDENS Hedge, Tree Work, Fencing, Slabbing, Mowing, Turfing & Rotavating 01604 414591 07801 794802		Gardening & Landscaping SHED SALE Tongue & Groove Free Delivery & Fitting 0845 230 7434 www.beastsheds.co.uk		Removals & Storage KGB Removals & Storage, house clearances, flat pack specialists, no job too small Everything considered Call 07711 926851 01604 591199		Removals & Storage SELF STORAGE STORE IT - LOCK IT - KEEP THE KEY PURPOSE BUILT SELF STORAGE UNITS FOR DOMESTIC AND BUSINESS USE ALSO OFFICES TO LET FROM £40PW CCTV SECURITY, FREE ACCESS ALSO CONTAINER STORAGE TEL 01604 716444 WWW.SELFSTOREIT.CO.UK							
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The Insolvency Act 1986 BLOC INTERIORS LIMITED Notice is hereby given pursuant to Section 98 of the Insolvency Act 1986 that a Meeting of Creditors of the above-named Company will be held at 100-102 St James Road, Northampton NN5 5LF on 22 June 2009 at 11.00 am for the purposes mentioned in Sections 99, 100 and 101 of the said Act. A list of the names and addresses of the Company's Creditors will be available for inspection at the offices of BRI Business Recovery and Insolvency, 100-102 St James Road, Northampton NN5 5LF on 18 and 19 June 2009. Dated: 28 May 2009 By Order of the Board Mrs A Parker, Director				The Insolvency Act 1986 OFFICES PLEASE LIMITED Notice is hereby given, pursuant to Section 98 of the Insolvency Act 1986 that a meeting of creditors of the above-named Company will be held at 100-102 St James Road, Northampton NN5 5LF, on 23 June 2009, at 11.00 am for the purposes mentioned in Sections 99, 100 and 101 of the said Act. A list of the names and addresses of the Company's Creditors will be available for inspection at the offices of BRI Business Recovery and Insolvency, 100-102 St James Road, Northampton NN5 5LF, on 19 and 22 June 2009. Dated 2 June 2009 By Order of the Board N. Fuchs, Director				Architectural & Planning Services ARCHITECTURAL Drawings Planning and Building regs. 01604 791197 or 07714314051				Heating Services Anderson Heating & Gas Corgi Reg Boiler change & Upgrading Gas installation Combi specialists All boilers repaired Gas cookers/Gas fires Warm air Water Heaters Bathrooms installed All plumbing work Best price on full heating OAP DISCOUNT Ex British Gas engineer Over 40 years experience (01604) 468540 07980 581873				Plumbing Services CLANCY DRIVEWAYS Specialist In High Quality Driveway Construction Free Quotes 0845 4238711 "Your local company"				Plumbing Services TCS Plumbing, Heating, Gas, Boiler Installations + Repairs, Kitchens, Bathrooms, Gas Safety Reg. 01604 881473 07985 751800			
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Thursday, June 11, 2009

NEWS at a glance

Keep the van emissions low

VAN buyers will find it easier to cut emissions and save money with a new van CO2 data base launched by Transport Secretary Andrew Adonis this week.

The online database – the biggest of its kind in Europe – has been compiled by the Vehicle Certification Agency (VCA), Society of Motor Manufacturers and Traders (SMMT), and Department for Transport (DfT). It allows users to search for new van models on the UK market and compare their CO2 emissions and the fuel consumption.

Vans make up around 15 per cent of road transport emissions in the UK and their emissions are rising at the highest rate of any road vehicle. If everybody buying a new van bought the most fuel efficient model in its class the average buyer could save up to 17 per cent on both CO2 emissions and fuel costs.

Launching the database at the Low Carbon Vehicle Partnership's annual conference in London today, Transport Secretary Andrew Adonis said: "It's important to help motoring consumers make the right choice, both for themselves and for the environment."

The database can be accessed on the Business Link website alongside tips for van buyers on how to choose the right van for their needs and how to save fuel costs by changing the way they use the vehicle.

Special compact 4x4 has attitude to spare

COMPACT 4x4s aren't usually the most low key of cars but even in this chrome-spangled, body-cladded, flared wheelarch of a market sector, the 4007 from Peugeot stands out.

Its gaping maw won't be to everyone's taste but you can't help but gaze at it like a rabbit transfixed by the dental work on an approaching tiger. Then, if you crank the visual impact of the 4007 up a notch or two, you arrive at the 4007 Sport XS special edition version.

It's quite a sight.

All Peugeot 4007 models come powered by the same 2.2-litre HDi diesel engine mated to a six-speed manual gearbox.

This unit will generate 156bhp and 380Nm of torque and is even capable of running on a 30 per cent mixture of diesel biofuel without resort to modification.

The engine has been modified from that found in the 407 saloon range to offer additional lugging power but much of the basic architecture is the same, which is no bad thing.

The Sport XS version of the 4007 takes the extrovert looks of the standard car and bolts on a full sports bodykit.

This makes the car appear lower, leaner and meaner, as do side bars, wing mirror covers, door handles and a twin exhaust all picked out in chrome. The extended front bumper and rear spoiler are body-coloured with the whole package topped off by a set of 18ins alloy wheels.

The 4007 also offers plenty of stowage space throughout, with over 20 individual storage compartments.

All five rear seats can be folded

away easily to provide a flat floor and vast load space of up to 1,686 litres, while the boot capacity is 510 litres when the second row of seats are in use.

To help loading items into the huge boot space, there's a split two-piece tailgate. Folded down, the lower section drops the sill by 64mm allowing heavy goods to be easily loaded, while doubling as a handy bench, capable of supporting up to 200kg.

The standard 4007 range is comprised of SE and GT versions but the Sport XS model sits between these. The pricing positions it £1,450 above the SE and £1,150 below the GT so it bridges the gap nicely.

It comes only in the five-seat configuration but other 4007 models can be specified with a couple of occasional seats in the rear. The equipment list includes a Bluetooth hands-free telephone system.

The 2.2-litre HDi engine does an admirable job of allaying the fears prospective 4007 buyers may harbour concerning their environmental impact. This substantial

seven-seat 4x4 is never going to tread as lightly on the earth as a tiny city-car but 39mpg and 191g/km carbon dioxide emissions mean that at least owners will be able to hold their heads up reasonably high at the Greenpeace AGM.

Compact 4x4 buyers don't want for choice in the modern marketplace and standing out from the crowd of alternatives is a tricky task for the various contenders to pull off.

You'd have to say that the Peugeot 4007 manages it though and in Sport XS trim it's got attitude to spare.

Steve Walker

FACTS AT A GLANCE

CAR: Peugeot 4007 Sport XS
PRICE: £24,695 on the road
INSURANCE GROUP: 13
CO2 EMISSIONS: 191g/km
PERFORMANCE: Max Speed 129mph / 0-60mph 9.9s
FUEL CONSUMPTION: (urban) 29.7mpg / (extra urban) 47.8mpg / (combined) 39.2mpg
STANDARD SAFETY FEATURES: Twin front & side airbags, ABS, ESP
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Purchase Fee	Credit Facility Fee	Total Amount Payable	11.7% APR	
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					08 58	GETZ CDX 1.4 5 DOOR BLACK	£7495
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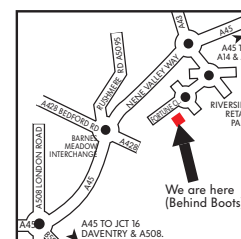
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<p>Renault</p> <p>Megane 2005, 55 plate, 1.5 dci diesel, 105 sl Oasis, 5 dr ltd edit, met black, 42k, superb fuel economy 9m MoT + Tax, 60 mpg, abs, e/w, a/c, cd, t/s/h, panoramic sunroof. Just serviced.</p> <p>£5195 ono</p> <p>01327 830857</p>	<p>MG TF 115</p> <p>Private, reg Dec 2005, taxed and tested until Dec, 1 owner, full service history, 7,500 miles</p> <p>£6,500</p> <p>Tel: 01604 686490</p>	<p>Ford Transit Van 2.5 D</p> <p>1999, LWB semi high top, diesel, airbags, average miles, MoT, good engine, good runner.</p> <p>Excellent condition.</p> <p>£1300</p> <p>07502 101853</p>	<p>Suzuki Quadbike LT 50cc</p> <p>Good Condition, 1989, fully working.</p> <p>£300 Each or £550 The Pair ONO.</p> <p>Tel: 01604 718954 07889 115202</p>	<p>Cash Paid</p> <p>For scrap cars, scrap metal & unwanted vehicles. Immediate Collection DVLA approved</p> <p>Guaranteed £50 paid. Max £500 paid</p> <p>Call 07780707507</p>	
<p>Toyota Rav 4</p> <p>2.0 2002, 02 reg, Black, 83,000 miles, Petrol, full leather interior. Good condition</p> <p>£5295 ono</p> <p>Tel: Mobile: 07967142372 or 01604 461447</p>	<p>Volkswagen Golf</p> <p>1.4 S80, Private, 2006, (56) slate grey, 40,000 miles, Petrol, a/c, alloys, rear parking sensor, full VW service record, still under warranty, Excellent condition, 1 owner from new.</p> <p>£7,250 ovno</p> <p>Tel: 01832 720079 or 07973 254302</p>	<p>Peugeot</p> <p>Boxer 330 LX LWB Van, 2003, 53 Reg, Turbo Diesel, 12 Mths MOT, Good Condition, Service History</p> <p>£2100</p> <p>Tel: 07771 695997</p>	<p>Triumph Daytona</p> <p>600cc, 2003, yellow, 6919 miles</p> <p>£3150</p> <p>Tel: 07967694299</p>	<p>Caravans</p>	
<p>Vauxhall Corsa 1.2 SXI</p> <p>2006 reg, 3 dr hatchback, petrol, taxed, MoT August, 27,000 miles.</p> <p>£5,100</p> <p>07706 707096</p>	<p>BMW Z4</p> <p>Blue, beige leather, auto and hard top, 1 lady owner, immaculate, first registered 05, under 40k miles</p> <p>£14'500</p> <p>Tel: 07740 173543</p>	<p>Renault Master</p> <p>03, long wheel base, high roof, e/m, e/w, a/c, 5 mths Tax, 11 mths MOT. Genuine</p> <p>£2500</p> <p>Tel: 01536 745231</p>	<p>Twist 'N' Go</p> <p>125cc, 07 reg, Taxed, MoT'd, 8000 miles, remote starter, alarm, immobiliser, new battery, exhaust, rear wheel/tyre</p> <p>£650 ono</p> <p>07846 195639</p>	<p>Caravans</p>	
<p>Commercial Vehicles</p> <p>ASTRA VAN 1.6 petrol</p> <p>51 reg 2001. Full MoT, full service history, in white, drives like new. Good condition. 45 mpg. Must go. Just valeted.</p> <p>£1195 ono</p> <p>(07778) 764715</p>	<p>more cars, more choice</p> <p>motors today</p> <p>www.motors-today.co.uk</p>				

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<p>Caravans</p> <p>1997 CROWN SOVEREIGN</p> <p>4 berth caravan, cooker, 3 way fridge, shower, cassette toilet, good condition</p> <p>£1,500 ono.</p> <p>Tel 01908 510826.</p>	<p>Private Motors</p> <p>ELDDIS HURRICANE</p> <p>16ft, 2 berth, end shower room, oven, fridge, all in good condition</p> <p>£1350 ono</p> <p>Tel: 07970 448901 (Higham Ferrers)</p>
<p>ACE CARAVAN</p> <p>2 berth, full awning, blown air central heating, shower, toilet, fridge, cooker, many extras</p> <p>£2,400 ono</p> <p>Tel: (01536) 711688</p>	<p>FOR SALE</p> <p>ACE diplomat 2 berth caravan, 1991, good condition for year comes complete with awning, aqua roll, wastemaster, gas bottle and spare wheel</p> <p>£1250 ono</p> <p>01604 466788 please call after 5pm</p>
<p>Caravan Elddis Tynedale</p> <p>1994, Twin axle, 5/6 berth, mid bathroom, power mover, large awning inc double bed annex, new oven, very clean</p> <p>£4995</p> <p>07786 396309</p>	<p>MOTOR HOME</p> <p>Elddis Autoquest 200, 4 berth, 2lt, 54 plate, 5,000 mls, Fiamma awning, 4 burner hob oven/grill, shower, loose lay carpets, Heki roof light, status 530/5 TV ariel, taxed & MoT</p> <p>£19,500</p> <p>01536 200847 07960763398 N/C</p>
<p>ELDDIS</p> <p>5 berth caravan, fridge, oven, gas fire, full awning (near new), all accessories as no longer caravaning</p> <p>£1,195 ono</p> <p>Tel: (01536) 761279 or 07824 786395</p>	<p>SWIFT</p> <p>2001 luxury 2 berth caravan with motor mover awning inc. can sleep 4</p> <p>£5495</p> <p>Tel: 01536 741057 or 07533 020347</p>

Telegraph

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Motor Neurone Disease (MND) is a fatal disease of the brain and central nervous system. It leaves people locked into a failing body, unable to move, walk and talk. The mind is usually unaffected. In the UK, five people die of MND every day.

The MND Association exists to ensure that people with MND can achieve the highest quality of life possible, and to fund and promote research to bring an end to MND. We have over 3000 active volunteers, 150 staff and an annual income of £13m.

VOLUNTEERING MANAGER

(Post No 364)

Salary: circa £31,000 per annum

37 hours per week

Our volunteers have been key to the Association's achievements since its beginning and remain key to its future success. Building on our excellent track record, the Association is entering a new phase in the development of its key resource, our staff and volunteers. We are looking for a highly motivated and enthusiastic person with exceptional communication skills and wealth of experience of working with volunteers to develop, set standards and champion best volunteering practice throughout the Association.

Are you?

- A strategic thinker with strong communications skills
- Able to champion best volunteering practice and lead in its development
- Able to communicate at all levels

Do you have?

- A passion for, and a wealth of experience of, working with volunteers
- A breadth of experience of recruiting, training, supporting and developing volunteers
- Experience of leading new initiatives and projects

If you can demonstrate these skills and think you can meet our challenge, we would like to hear from you.

This post is based in Northampton.

Closing date: 2nd July 2009

Do you have a health or social care qualification and extensive community based experience? Are you looking to make a difference?

SENIOR MND CONNECT ADVISER

(Post No 117)

Salary: circa £25,000 per annum

37 hours per week

We are committed to enabling people living with MND to achieve the highest quality of life possible and to die with dignity. To achieve our vision, we need to continue to empower people living with MND to navigate their way through NHS and Social Service systems.

You will be a key member working in the Association's respected MND Connect Service responding to a wide range of enquiries and advising people living with MND and health and social care professionals on all aspects of the disease.

We are striving to ensure the highest standard of care for people living with MND therefore an understanding of terminal illness and its impact are essential ingredients to fulfil this exciting role.

Candidates must have excellent communication skills with the ability to produce and present information to a wide range of professional and lay audiences.

Experience of telephone advice work, use of databases and proven knowledge of community care provision and legislation is also required.

Closing date: 25th June 2009

VOLUNTEER RECRUITMENT AND RETENTION CO-ORDINATOR

(Post No 366)

Salary range: £21,000-£26,000 per annum

37 hours per week

Building on our excellent track record, the Association is entering a new phase in its development of volunteering. We are looking for a highly motivated and enthusiastic person to join our People Development Team. For this newly created post you will need exceptional communication skills and a wealth of experience of working with volunteers to implement our Volunteer Recruitment Strategy and promote the use of volunteers within National Office.

Are you?

- Able to prioritise, plan and work on your own initiative
- Able to communicate at all levels and build and sustain relationships

Do you have?

- A passion for, and a wealth of experience of, working with volunteers
- Experience of recruiting and developing volunteer roles

If you can demonstrate these skills and think you can meet our challenge, we would like to hear from you.

This post is based in Northampton but may involve working during the evening and weekend from time to time.

Closing date: 25th June 2009

Interviews to be held on 15th July 2009

For an application pack please visit www.mndassociation.org/jobs, email applications@mndassociation.org, or write to Human Resource Team, MND Association, PO Box 246, Northampton, NN1 2PR.

Alternatively call our answer phone on 01604 611859 (24 hours).

The MND Association believes in treating everyone with dignity and respect and encourages applications from all sectors of the community.

Charity No: 294354

THE RUSHDEN COMMUNITY COLLEGE

11 - 18 School NOR 1065

STUDENT RECEPTIONIST

37 hours per week, 40 weeks per year.

To commence as soon as possible

APT&C scale 1 / 2 (£11,100 - £13,000 per annum)

Are You:

- patient
- reliable
- understanding of student needs

Can you

- work under pressure
- stay calm
- work with children

The Rushden Community College requires a Clerical Assistant to work in our very busy student reception. Duties will involve dealing with all student related matters, including first aid, maintaining the database of student records, management of the Education Maintenance Allowance Scheme. Candidates should be flexible and adaptable, and have good organisational and communication skills. Experience of working with young people in the 11 - 18 age range would be beneficial.

We offer excellent ICT facilities; warm, friendly and supportive staff.

Nursery facilities are available on site subject to availability.

Details and application forms are available on the college website, or please contact reception. Closing date for completed applications 25 June 2009.

The Rushden Community College, Hayway,

Rushden, Northants, NN10 6AG.

Tel: 01933 350391. Fax: 01933 411689.

Website: www.rushden.northants.sch.uk

Headteacher: Steve Dommert

Welland Park Community College Market Harborough, Leics.

Required From September 2009

TEACHER OF HUMANITIES

Part Time - 0.40% fte,

Permanent Position - Main Scale

We are looking to appoint an enthusiastic, creative and dynamic teacher to join this forward looking and successful department.

LEARNING SUPPORT ASSISTANTS x 2

Part time temporary position - Grade 5 point 9 - £9898 pa approx (£14330 fte)

To support students aged 11-14 with learning/emotional difficulties.

These are temporary term time positions (+ teacher days) of 30 hours per week.

Welland Park is a fully subscribed, successful college for students aged 11-14, with a thriving Community Education programme in an expanding market town. The college is a recognised Investor in People and has gained a number of other awards -

School Achievement, Healthy Schools Award and since 2006 Specialist Technology Status.

Application forms and further details are available from The Principal, Welland Park Community College, Welland Park Road, Market Harborough, LE16 9DR. Tel: 01858 464795 Fax: 01858 433702

Email: adminoffice@wellandpark.leics.sch.uk
Closing date for completed application forms - Tuesday 23rd June 2009

Business Opportunities / Self

EARN £50 - £500 per week. Part Time, deliver/collect catalogues. For free info call 0800 458 9347 www.get3info.co.uk

EARN £50 - £500 pw part or full time from home. For free info call 0800 458 8426

£50-£500 + per week. FT & PT positions available. www.getveryrich.com, call 0800 6520650 (24 hrs)

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Distributors of Carpets, Carpet Tiles and Laminate

TRAINEE ACCOUNT MANAGER

We require an enthusiastic self motivated and ambitious person. You will receive full in house training for approximately six months. Once training period is complete, then you will attain full package.

Basic Salary, Commission, Company Car, Mobile Phone, Expenses.

We are a rapidly expanding business supplying flooring to the commercial sector.

Please send your CV to HR Manager

or email: nicky@richardbetts.co.uk

Richard Betts & Company

Unit 3 Trinity Centre,
Park Farm Industrial Estate,
Wellingborough, Northants, NN8 6BZ

Recruitment and Operations Consultant

Twice winner of the UK's best agency award, ADR Network continues to grow at a considerable rate, covering over 4,000 LGV driving assignments per week nationally. Our Corby Operation manages over 600 of these per week.

We now have an opportunity for a Recruitment and Operations Consultant to work at Corby on high profile contracts, where we are the lead agency, managing all driver supply, including supply from other agencies. The role is highly varied but pressurised, and the ability to work in a fast-paced, dynamic environment will be key.

Recruitment experience or a background in logistics would be preferred but is not essential. The successful candidate will have a good understanding of Microsoft Office products and a desire to learn all aspects of our business prior to becoming fully operational.

Our policy is to promote from within and, given our growth, we can offer a great opportunity today with real career prospects for tomorrow.

Starting salary will be between £18,000 and £22,000 plus favourable commission scheme. Some cover on designated weekends as well as nights on call will be an essential feature.

Interested applicants should forward a CV to Andrew Rodgers, Operations Director, at: a.rodgers@adrnetwork.co.uk



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EXPERIENCED Stylist required for City Centre Salon, excellent salary, bonus and commission to apply please contact Julie on 07711 028325



Healthcare & Nursing

PRACTICE NURSE

Albany House Medical Centre,
3 Queen Street, Wellingborough, NN8 4RW
www.albanyhousemedicalcentre.co.uk

We are looking to recruit an experienced treatment room nurse to join our Advanced Nurse Practitioner led nursing team of 6 practice nurses and 2 health care assistants.

We are one of Northamptonshire's leading teaching and training practices, with over 14,000 patients.

This is a temporary position for 24 hours per week to cover maternity leave from the beginning of August.

The ideal candidate will have previous practice nursing experience and be able to undertake all general treatment room duties. We are a highly committed and supportive team.

For an information pack and application form, please either visit our website or phone 01933 234035 for an informal chat or to arrange a visit.

Rodericks Ltd DENTAL PRACTICE ASSISTANT MANAGER REQUIRED

Due to our continued expansion we are looking for an enthusiastic, motivated person to supplement our successful management team.

You will be joining a company that will offer excellent career opportunities to those candidates who are looking for their next challenge.

email your CV quoting V1 to: recruitment@rodericksdental.co.uk or send to

Mrs Hills, The Elms Dental Practice,

SENIOR Carers Required -

Care Home, Kettering, Northants. Senior carers with minimum 2yrs experience wanted for day and night shifts in a dementia care home. Contact Louise on 01536 482 777.

Part Time

Chronicle & Echo deliverers aged 13 or over required in Weedon, Denton, Grendon, Moulton Park, Brafield, Overstone, Sywell, East Haddon, Boughton, Whittlebury, Southfields, Lings, Northampton: Camphill, Flora, Southfields, Far Cotton. Holiday cover required in all areas. FOR FURTHER DETAILS CALL 01536 506184

AVON Representatives. Earn extra money in your spare time! Also Team Leaders Call text Lorraine 07866 452178 www.myavon.co.uk/ lorrainepoulter

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A responsible Supervisor/Cleaner required to work at Silverstone Circuit on established account. Mon-Fri 8am-8pm. G.R.O.P. 01327 830549.

Are you outgoing, bubbly and looking for something new to do, Female Escorts please call this number for further details 07800 845 826.

AVON Cosmetics requires reps in all areas. Call Rebekah or Tony free on 0800 107 3220. Or text 'Avon' to 07887 851 508.

CASH Paid weekly, simply deliver & collect Betterware brochures locally. Flexi P/T hrs. 0845 125 5000.

EARN £400-£600pm part time, delivering & collecting catalogues. Call 01327 828269 or text 'NOW' to 07781 472747.

EARN £116p/w p/t flexi hrs delivering/collecting catalogues. Team Builders also req. 01604 808927.

DISTRIBUTORS & Team Leaders for our famous home shopping catalogue. Part or full time, generous remuneration, flexible hours, immediate start. The Universal Group 0800 0832251

Retail

Sales

EVENT Promotion Staff required to put up posters in shops nationwide. Full training, £300 per week + expenses. Own car, CV please to info@causeand-effect.biz

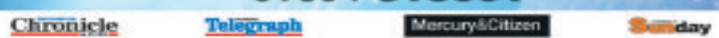
TELESALES - full time. B2B Office supplies. Must be able to cold call, handle objections & manage accounts. Competitive salary. Tel: 01604 416886.

Social Care

FEMALE Personal Assistant/Carer required for a disabled young woman in Northampton to work Saturday, Sunday and Wednesday daytime and preferably 1-2 evenings a week (7.30pm to 1am) £7- £8 per hour. Please call 07751558845 after 3pm or email homayoun@tiscali.co.uk for further details.



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- Join the booming green economy
- Help reduce CO₂ & fuel bills (homes + businesses)
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Maintenance Electricians and Managers are required to operate and maintain plant and equipment within our clubs. This is a great opportunity to work with a wide range of equipment that will help you to develop your skills in a variety of areas.

Ideally you will have broad experience of building maintenance and a hands-on approach. A City & Guilds 17th Edition electrical related qualification (or equivalent) will be an essential part of your tool kit too.

If you are looking for a job with a difference please email your CV, quoting the reference VA, to: maintenance.recruitment@virginactive.co.uk

For a list of our club locations, please visit www.virginactive.co.uk/find

No agencies please.

Specialist College in Business and Enterprise, and Science



The Duston School
Berrywood Road,
Duston, Northampton
NN5 6XA (nr J16, M1)
Tel. 01604 460004
www.thedustonschool.northants.sch.uk

11-19 Mixed Comprehensive, over 1,100 students on role, including a large Post-16 (200+).
Brand new, purpose built £28m school which opened in September 2007.



Required for September 2009 or sooner if possible

Train to be an English Teacher

We would welcome applications from Graduates with a English related degree who would like the opportunity to train and qualify as a teacher.



"Inspirational leadership of the School by the Headteacher"
- Investors in People, February 2008

"Students grow to become responsible, well behaved young people who adopt healthy lifestyles, are proud of their school and willing to become involved in their community"
- Ofsted, May 2008

"An innovative, rapidly improving school"
- Investors in People, February 2008

Come and be part of our exciting programme for change and make a difference each day.

"Care, Guidance and support in Post-16 are outstanding"
- Ofsted, May 2008

"Inspirational leadership of the School by the Headteacher"
- Investors in People, February 2008

"Tenacious, gritty, determined and visionary leadership and management"
- Inclusion Quality Mark, April 2008

To request an application pack:
Please telephone Anne Jones (HR & Payroll Officer) on 01604 460004 or e-mail ajones@thedustonschool.northants.sch.uk.
Please provide your name and full UK postal address.
Closing date: 12noon on Friday 19th June 2009. Interview date: week beginning 22nd June 2009.

Welland Park Community College Market Harborough, Leics.

Welland Park is an oversubscribed, successful college for students aged 11-14, with a thriving Community Education programme in an expanding market town.

From September 2009 we require a **Student Support Manager**
Part time, permanent position - 35 hrs per week term time + teacher days Grade 9 points 24-27 -
Actual salary approx £17727 pa

This is a key position within our Pastoral team. We are seeking an experienced individual to promote the learning potential and well being of our students. This will involve maintaining high levels of student attendance, behaviour and achievement in order that all students achieve their full potential.

Application forms and full details are available from
Welland Park Community College,
Welland Park Road, Market Harborough,
LEICS LE16 9DR
Tel.01858 464795 Fax. 01858 433702
Email : adminoffice@wellandpark.leics.sch.uk
Closing date for completed application forms – Monday 15th June 2009

MICK GEORGE

CAT 963/953 Operators & 360 Drivers

We are currently looking to recruit experienced CAT 963/953 Operators and 360 Drivers for site work in the Northampton and Peterborough area.

You will be experienced, hold the relevant CPCs cards and have a full UK drivers licence or equivalent.

Working as part of a successful and friendly team you will have a strong and committed work ethic. In return the successful candidate will receive an attractive remuneration package.

The positions are full time.

Applicants must live locally.

Please phone Mick Prestidge on 01480 498099 or e-mail your CV to mickp@mickgeorge.co.uk or apply in writing to: Mick George Limited, Meadow Lane, St Ives, PE27 4YQ.

Specialist College in Business and Enterprise, and Science



The Duston School
Berrywood Road,
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NN5 6XA (nr J16, M1)
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11-19 Mixed Comprehensive, over 1,100 students on role, including a large Post-16 (200+).
Brand new, purpose built £28m school which opened in September 2007.



Required for September 2009 or sooner if possible

Train to be a Science Teacher

We would welcome applications from Graduates with a Science related degree who would like the opportunity to train and qualify as a teacher.



"Inspirational leadership of the School by the Headteacher"
- Investors in People, February 2008

"Students grow to become responsible, well behaved young people who adopt healthy lifestyles, are proud of their school and willing to become involved in their community"
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Chronicle Telegraph Mercury/Citizen Sunday



Head of Physical Education and Sport

Required for January 2010 (or September 2009 if available)

We have a unique opportunity for an experienced P.E. specialist to lead our hard-working and very successful department.

The successful applicant will be able to:

- lead this strong and highly committed department
- contribute to the delivery and coordination of examination P.E. courses
- teach throughout the age ranges from Junior School to Sixth Form
- contribute fully to a thriving school which obtains outstanding results
- enjoy the challenge of teaching ambitious, able and well-motivated students
- organise and participate in a wide range of extra-curricular activities.

We can offer you:

- a competitive salary and benefits package
- a professional development programme
- excellent facilities and ICT resources
- a friendly and supportive working environment.

For further information and an application form, please tel: 01604 765765, fax: 01604 709418, e-mail: d.brown@nhs.gdst.net or see www.gdst.net/northamptonhigh Closing date: Tuesday 16th June 2009.
Interviews to take place: Friday 19th June 2009.

Registered Charity No. 306983

The Girls' Day School Trust
at the forefront of education



Making life better



Making Space is a national charity, which exists to support and enable everyone affected by mental illness, learning disabilities or dementia to make life choices and take a full and active part in their community.

• Tenant Support Worker

Northampton. 37 hours per week (full time); 20 hours per week (part time)
£7.70 per hour

You will provide day-to-day support to service users, ensuring that the service provided meets all the requirements laid down by the relevant funding body framework and registered social landlords. You will be responsible for day-to-day running of the flat schemes.

Job reference RSW FT - Full Time
RSW PT - Part Time

We offer the opportunity to join, subject to conditions, a company pension plan. We also provide a generous annual leave entitlement, Childcare Vouchers, a voluntary benefits programme and a commitment to your learning and development.

If you are interested in this vacancy, please download an Application Pack and further details from our website: www.MakingSpace.co.uk or alternatively email: Recruitment@MakingSpace.co.uk Should you experience any difficulties, telephone our recruitment line on 01925 581770.

Please remember to quote the appropriate reference number. The closing date for receipt of applications is 16th June 2009.

* Making Space is undertaking a job evaluation exercise, which may affect the salary and grade of this post.

All posts are subject to an Enhanced Disclosure Certificate.

Making Space is an equal opportunities employer who values and embraces diversity.

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Men's Service, Northampton

Deputy Ward Nurse Managers

Ref: CE 247

Salary: Band 6 - £24,508.69 - £36,434.48 per annum

Hours: Full Time – 37.5 hours per week

Opportunities have arisen within the Medium Secure and Low Secure Services in the Men's Mental Health and Learning Disability Pathways. We are particularly looking for motivated, enthusiastic and innovative registered nurses looking to develop their management and clinical skills in challenging environments. The postholders will work along side the Ward Manager to provide a quality service for gender specific rehabilitation for men with complex mental health problems, including personality disorder and forensic histories.

We would welcome applications from candidates who are able to demonstrate an ability to ensure high standards of clinical care whilst holding a challenging second line management position.

The successful candidate will have

- Minimum of 12 months Senior Staff Nurse Band 5 experience
- Evidence of continuing professional development
- A commitment to rehabilitation/recovery model
- Excellent communication skills
- Evidence of proven leadership
- Good attendance record
- Sound Personal Management skills

For a discussion, please contact Lynn Baxter, Ward Manager, on 01604 616592 or email lbaxter@standrew.co.uk

In order to apply, and view the job description and person specification please visit our website at www.stah.org or email recruitment@standrew.co.uk or telephone our recruitment office on (01604) 616589 (24 hour answer-phone).

Closing date: 19 June 2009.

Please quote the relevant reference number on all correspondence relating to this vacancy.

The charity has a commitment to the future of mental health care. The St Andrew's Academic Centre at Northampton, part of The Institute of Psychiatry, King's College London, is dedicated to world-class research and teaching. St Andrew's works closely with the University of Northampton and other leading universities in training mental health professionals for the nation.

St Andrew's is the UK's largest mental health charity. We offer specialist, secure services for men, women, adolescents and older people across mental health, learning disability, brain injury, and degenerative disorders such as Huntington's and Alzheimer's. Putting service users' needs at the heart of everything we do, we have built an innovative culture of clinical expertise.

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Recruitment Coordinator and Care Coordinator wanted in Northamptonshire

We are a major player in Health & Social Care in the UK. We provide care services to individuals in their homes thereby enhancing their wellbeing.

RECRUITMENT COORDINATOR: responsible for the recruitment of care workers, recruitment campaigns and organising training.

CARE COORDINATOR: responsible for rostering of our care workers to ensure we provide a quality service. You must be able to support growing the business providing a flexible, responsive and caring service to the local authority and private users.

- Must be able to work on own initiative
- Liaise and develop relationships
- Good computer skills
- Organised and good communication skills.

To apply for either position please email your CV and covering letter to paula.bailey@nestorplc.co.uk now.

All applicants will be required to complete a Criminal Records Bureau Disclosure. Part of the Nestor Healthcare Group, an equal opportunities organisation.

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South Northants Homes became a brand new Housing Association in March 2008, managing 3,000 homes in the South Northamptonshire area. This is an opportunity to join the team that will deliver the promises made to tenants in the consultation period. South Northants Homes is a member of the Grand Union Housing Group.

HOUSING ASSISTANT

Based: Springfields, Towcester. Hours: 36.5 per week
Salary c. £18,000 dependant on skills and experience

Key tasks; the post holder will:

- Assist with the provision of an effective housing management service dealing with letting of empty homes
- Have a commitment to delivering a customer focused service around tenancy related duties
- Management of rented garages

Requirements:

- Good standard of education
- Sound experience in clerical and administration work
- Knowledge of housing legislation and practice is desirable
- Ability to communicate effectively with a full range of people
- Team player
- Flexible approach to work

Closing date: 30th June 09

Interview date: 14th July 09

Benefits include: Final salary pension scheme, free life assurance, free parking, family friendly policies including flexi time and excellent training and development opportunities.

For an informal discussion please contact Carrie Monroe on 01327 322382.

We do not accept CVs, so for an application pack please visit our website www.southnorthantshomes.co.uk

If you do not have access to the internet, contact us by:

Email: housing@southnorthantshomes.co.uk

Post: South Northants Homes, Springfields, Towcester NN12 6AE
Tel: 08454 606888

South Northants Homes is part of the Grand Union Group.

Roade School Sports College

Stratford Road, Roade, Northampton NN7 2LP
Tel: 01604 862125 Fax: 01604 863912
E-mail: roadeschool@btconnect.com

At Roade School, we are proud of our specialist sports status, which is the framework for our work to raise achievement and to promote the personal development of all our students. Staff and students work purposefully together in an environment rich in tradition but which also embraces modern working practices and technology.
To commence 1 September 2009.

Full Time Teacher of Humanities - TMS

We are seeking a humanities teacher to teach a mixture of Religious Education, History at KS3, along with a small amount of Citizenship.

Part Time Teacher of French with Citizenship - TMS (0.5 fte)

We wish to appoint a teacher of French for KS3 and KS4, with the option of AS French for a suitable candidate. There is also a small amount of Citizenship teaching.

PE Technician Required

Position available for 30 hours (times to be agreed), term time only (38 weeks a year) NJC Scale 1, Point 4, Actual Salary: £8,072

We are seeking to appoint a Technician to join the PE Department. Duties would include general administration, organising equipment and resources, assisting in PE lessons and extra curricular clubs, and supporting our School Sports Partnership in primary schools.

Closing Dates: Mon 15/6/09 (for teaching positions)
Thurs 18/06/09 (for PE Technician)

Interview Dates: w/c 15 or 22 June 2009.

To download full details, including an application form, please visit our school website at www.roadeschool.northants.sch.uk

Alternatively, you can contact the 24 hour vacancy line on

01604 861188.

Please note that we do not accept CV's.

We are a medium sized comprehensive school of over 1,100 pupils aged 11-18 and we are committed to their safeguarding. Successful applicants will be subject to identity and enhanced CRB checks.

We are an equal opportunities employer and welcome applications from all sectors of the community.



www.roadeschool.northants.sch.uk



Northampton College is one of the larger regional providers of Further Education. Our close proximity to local communities puts us in a unique position to meet both the academic and vocational needs of learners and organisations throughout the south and west of Northamptonshire.

Lecturer in Children's Care & Education

£22,855 - £27,294 (full time salary)
(Post 37 or 18.5 hrs per week)

Interview date: Friday 26 June 2009.

Lecturer in Maths with Co-ordinator Duties

£29,957 - £32,598

Interview date: Monday 29 June 2009.

These posts will require a CRB check.

Job share may be considered for these posts.

Closing date for both posts: Noon, Thursday 18 June 2009.

For further information and an application form, please go to www.northamptoncollege.ac.uk, or ring the Recruitment line on: 01604 734039. Alternatively you can email us at recruitment@northamptoncollege.ac.uk

We strive to achieve diversity in our staff to reflect the community we serve



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The only treadmill you'll be on is in our on-site gym
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Tiger is back!

Tiger Woods showed he is back to form after his lengthy injury problems by coming from four shots behind to win the Memorial Tournament in Ohio by one shot, sealing his 67th PGA Tour victory with a birdie-birdie finish.

Sport

Be first with all the sports news ... SIX days a week in the Chronicle & Echo

The past week in headlines

At-a-glance sport...

Game, set, match and set

Brilliant Swiss tennis star Roger Federer completed his set of Grand Slam titles when he won the French Open on Sunday.



England reach the Super 8

England recovered from a shock defeat to Holland, by beating Pakistan to reach the last eight of the Twenty20 World Cup.



Bumper fee for Kaka

Real Madrid signed Brazilian star Kaka from AC Milan, allegedly paying the Italian club £65 million for the attacking midfielder.



Rubens wants it all at F1 sell-out

RUBENS Barrichello is determined to spoil the homecoming party for Jenson Button in 11 days' time.

Button is guaranteed to be cheered from the rafters by what will be a sell-out for the British Grand Prix on June 21, the last one to be held at Silverstone.

Brackley-based Brawn GP team-mate Barrichello, though, has other ideas as he is eager to bag Formula One's version of the hat-trick.

Known in F1 parlance as the 'grand chelem', the Brazilian wants the fastest race lap, pole position and victory, a feat he has failed to achieve during his 17 years in the sport, and after 274 starts.

Barrichello adores Silverstone, as he has won once, been runner-up twice and finished third on three other occasions.

"I love the place, I love the track," enthused Barrichello. "I don't want to just win the race. I want a hat-trick there. I want everything. I want fastest lap, pole position. It's like that."

Barrichello's desire is fuelled further following the first failure of his car in Sunday's Turkish Grand Prix, not aided by the fact Button went on to win his sixth of seven races this season. The 37-year-old is now starting at a 26-point gap to Button, so sparking fears of his time at Ferrari when he was second best to Michael Schumacher.

"Jenson is very illuminated at this point, and he is taking all his opportunities," assessed Barrichello. "He almost has a Michael kind of thing going on because things are opening right in front of him without much of a problem."

Cup offers Saints a champions test

SAINTS greeted Tuesday's tough Heineken Cup draw as being great reward for the club's loyal rugby fans.

Northampton – who won the major European trophy in 2000 – have been drawn to place two-times champions Munster, French champions Perpignan and Italian champions Treviso.

With only the top team from each of the six pools and the two best runners-up going through to the knock-out stages, it is a formidable draw for Saints.

But club coach Jim Mallinder said he and his players were looking forward to locking horns with Europe's elite again as they return to the top competition again.

"It's a very exciting and challenging draw for us," said Mallinder. "The Heineken Cup is the best club competition in the world and it has lived up to its billing with the draw we have received."

"We are an ambitious club and if we want to improve, we have to test ourselves against the best sides in Europe. We will certainly have the opportunity to do that next season against Munster, Perpignan and Treviso."

"It is also a great draw for the fans. One of the highlights of last season was seeing the number of supporters who made the trips to places like Montpellier and Toulon, and next season they will have the opportunity to visit three countries and experience rugby culture in the heartlands of the game."

"I am certainly looking forward to the tournament."

Mallinder believes the club, with its huge fan base, deserves to be in the Heineken Cup, which Saints won nine years ago by beating Irish giants Munster in the final at Twickenham.

"It is fantastic, exciting times to get the club back into Europe," he said.



■ Northampton have a tough Heineken Cup draw in Pool One

"It is a massive club, with a big fan base."

"The fans came down to the final in big numbers and they travel to all the European games in large numbers."

"They love the European games so it is good to get the club back in the Heineken Cup for them."

"Munster have been one of the form teams in the Heineken Cup since it started. As well as winning the tour-

namment twice they have reached the final several times and the knock-out stages regularly."

"Many of their players are familiar from their involvement with Ireland and the Lions, and the atmosphere created by the fans at Thomond Park is legendary."

"Perpignan have also played in the Heineken Cup final, and last Saturday they showed their pedigree when they

beat Clermont Auvergne in the Top 14 final."

"Like Munster, Perpignan have a squad packed full of international players and it will be a good trip to southern France."

"And while we played Treviso in pre-season last year [Saints winning 66-0], the Heineken Cup is a different matter. They too are their national champions and must not be taken lightly."



Gymphobics: the revolutionary British health concept helping thousands of women to achieve amazing figure improvement!

Gymphobics was founded in 2004 and the Stafford-based company now operates from 45 towns in the UK with many more to open.

Donna Hubbard, Gymphobics founder, explains why the concept is proving so successful.

"Once I realised that this unique combination of two very different exercise concepts could help me lose inches and weight I started to advise others and was delighted to find it worked for them in the same way."

Easy & Friendly

Donna is confident that Gymphobics can work for everyone. "Whatever your weight or figure problem we can help achieve results. Our air resistance equipment will make results easier than you ever thought possible and you will actually look forward to your visits. You will make friends too! So come along and give Gymphobics a try, the results will amaze you!"

The Gymphobics Experience

Don't worry about how overweight or very unfit you are. So too are many of the ladies when they start. There are no mirrors at Gymphobics or lycra leotards either! Come along in loose clothing and enjoy the relaxed, un intimidating environment. There are no showers, so there is no need to undress. You won't sweat so you can even attend in your lunchtime if you prefer.

On your first visit you will be shown around and we will answer all your questions. We will even tell you what results you can expect and how long it will take you to achieve your ideal figure, and how often you will need to attend (most ladies visit us two or three times each week for a half an hour session).

If you decide to enrol we will book you in for an induction. This usually takes about an hour and is a one-on-one session with a qualified instructor. Thereafter, each time you come along an instructor will ensure that you know exactly what you are doing and will gradually upgrade your programme as you gain in fitness and confidence.

Amazing Benefits!

Every 10 weeks you will be booked in for a re-assessment which will show the results you have achieved. Expect to be amazed! We can sculpt your figure and ensure that inches are lost from all the right places. Your metabolism will speed up and you will burn excess fat from all over your body. You will take on a leaner, firmer appearance; your tummy will flatten and your bust will be lifted. Flabby areas around your bottom, thighs and the back of the arms will disappear.



Gymphobics Northampton's most vibrant society—something, May, with manager Rachel Howarth

Whatever your age you will feel great too. Energy levels will dramatically increase within weeks of starting your Gymphobics programme and you will sleep better. Even your digestion will improve. **Looking better and feeling better will raise your self-esteem. You will grow to like yourself more and be able to face life with new confidence.** It is no exaggeration to say that Gymphobics can change your shape and your life!

The Four Ages of Gymphobics

One thing that strikes visitors to Gymphobics for the first time is the incredible mixture of ages. Not only do members come in all shapes and sizes but they vary in age far more than in conventional gyms.

Whilst most members in a conventional gym are in their mid twenties, at Gymphobics the mix is far greater. More and more mothers and daughters now attend and, increasingly, so are their grandmothers! Ages range from as young as 12 to members in their 80s.

And why not? Gymphobics (people that don't like gymnasiums) come in all ages, shapes and sizes. So what attracts people who would never go to a conventional gym? Members come up with many answers including the friendliness, the close personal attention of staff, the air resistance equipment that makes exercise so easy, the fact that it takes just 30 minutes and is an all-female environment, the focus on weight loss and figure improvement and the fast results. **The most common answer however is that most women find conventional gyms quite intimidating but at Gymphobics they feel really relaxed.**

What women of different ages want to achieve through Gymphobics

We surveyed members of different ages to find out what their primary goals are and the table below is a broad summary of what they told us.

Under 17s. Often brought a long by mothers concerned about their daughters lack of physical exercise, poor posture and early weight gain. This is also the age to build strong bones and avoid osteoporosis in later life.

18 to late 30s. To achieve and maintain a great figure, weight loss, work on pre-pregnancy health and post-pregnancy figure improvement, increase energy levels

40s to mid 50s. Weight loss, speed up metabolism, avoid muscle atrophy, reduce risk of cardio-vascular disease/high blood pressure

55 plus. Anti-aging benefits of regular exercise, increased energy and mobility, better sleep quality, resist osteoporosis and avoid weight gain.



A small selection of dedicated Gymphobics Northampton members with some of the team

Gymphobics & the Fitness Industry Association

Both Gymphobics and the FIA agree that 30 minutes exercise three times a week can really change your life.

When you get active, you boost your ability to stay healthy – and that's fact not fiction.

30 minutes of exercise three times a week can radically transform your life. Your heart, your lungs, your bones – they all work better when you get active.



So what does that mean to you as a Gymphobics member?

The Fitness Industry Association has accredited Gymphobics Northampton because they have approved how we operate. This means they have checked:

- our staff training is up to standard
- our process of exercise programmes are up to standard
- our customer service is up to standard

We have a recognised code of practice which is government supported to ensure that health and fitness operators maintain the required levels of safety, wellbeing and service for our members.

The evidence is clear: it only takes 30 minutes to improve your health & wellbeing!

Why not give us a call right now?

01604
602028

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